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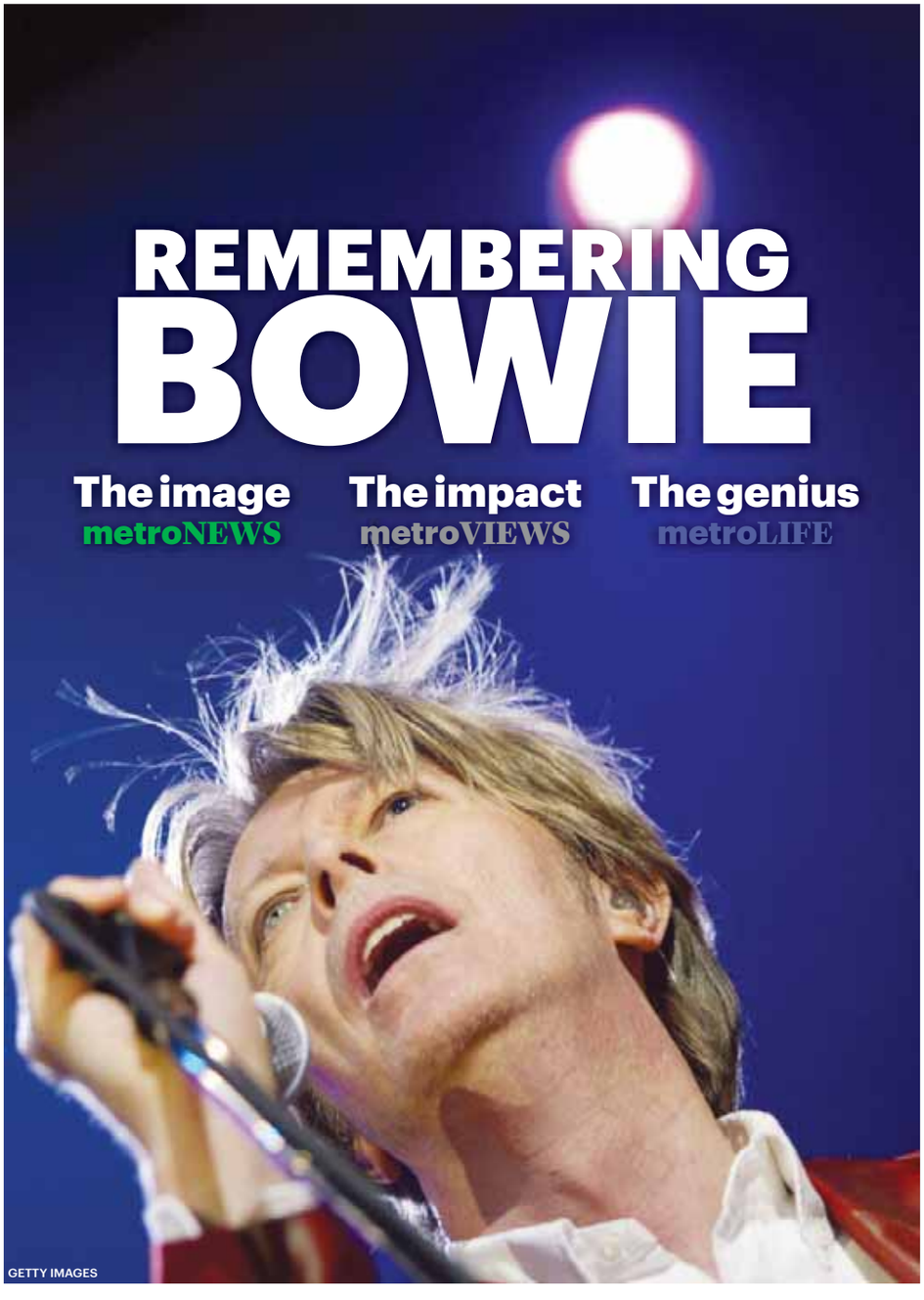

GETTY IMAGES

B.C. rejects pipeline expansion

KINDER MORGAN

The government's conditions were not met, minister says

Matt Kieltyka
Metro | Vancouver

The British Columbia government cannot support Kinder Morgan's proposed Trans Mountain pipeline expansion, it has told the National Energy Board (NEB).

The province submitted its final written arguments to the NEB on Monday, saying Trans Mountain has not proven it is capable of responding to a major oil spill and has not satisfied B.C.'s five conditions for approving heavy oil pipelines.

"Trans Mountain has not filed the information requested by the province in order to assess its ability to respond to a spill in a timely and effective manner," the argument reads. "The heavily redacted Emergency Management Program documents Trans Mountain has filed do not enable the province to determine whether Trans Mountain is prepared and able to respond to a project-related spill."

Speaking to media, Environment Minister Mary Polak said Kinder Morgan has yet to meet any of its five set-out conditions: successful completion of the environmental review process (including the NEB), world-leading marine oil-spill response and prevention, world-leading land oil-spill response and prevention, agreements with First Nations and ensuring B.C. gets a fair share of economic benefits from the project.

"It's what we've said from the beginning," said Polak. "Unless a company is able to meet these five conditions, British Columbia cannot support seeing their pipeline project through B.C."

Polak said Kinder Morgan has shown a willingness to meet the province's conditions and expects those efforts to continue.

But with the NEB's hearings into the proposed project entering final oral submissions Jan. 19, the government says the evidence to date has not been convincing enough to garner its approval.

The province's opposition is "very welcome news" to Mayor Gregor Robertson who, like several of his peers across Metro Vancouver, has been outspoken against the expansion.

Yet the city and province are just intervenors in the hearings, and the NEB could still recommend approval of the project to the federal government.

Trans Mountain released a statement saying it is undeterred by the province's decision.

"Trans Mountain is confident that through continued discussions with the province, along with the final steps of the NEB process that already include 150 draft conditions that the company must meet, it will be able to satisfy B.C.'s five conditions by the time the regulatory process is complete," the statement reads.

WITH FILES FROM THE CANADIAN PRESS

$5.4B

The project, **estimated in 2013 to cost at least $5.4 billion US,** would double an existing pipeline that runs from a community near Edmonton to the Vancouver area. It would nearly triple capacity to 890,000 barrels a day.

metro NEWS

Your essential daily news

The Ringling Bros. Circus will end elephant acts in May amid increased scrutiny over animal rights.

Early-bird time for Pemberton

MUSIC FESTIVAL

Organizers vow positive changes from last year's event

Thandi Fletcher
Metro | Vancouver

Summer music festival season might seem an age away, but organizers of the Pemberton Music Festival are already preparing to sell early-bird tickets.

Huka Entertainment has announced the dates for the annual music, camping and comedy festival, returning July 14 to July 17 for its third consecutive year at the base of Mount Currie in Pemberton.

A limited supply of early-bird tickets is set to go on sale 10 a.m. Friday, organizers announced.

A.J. Niland, chairman of Huka Entertainment, said this year's festival promises to be the best yet.

He said organizers are continually listening to fans and working to improve the experience.

"We're constantly tweaking," he told Metro.

"We took all the feedback from last year and worked really hard on the fan suggestions, everything from the lineup to camping."

Among the improvements in store for this year's festival, Niland said organizers have "completely revamped camping" following complaints last year from campers of having to walk too far to access shower facilities and water stations.

He said Huka has acquired more land alongside the festival site to expand the camping area, giving campers the option to choose between the more "energetic" north campground or the more "relaxing" south campground.

Organizers are also making tweaks to the concert bowl area, said Niland, to help make the larger shows feel more comfortable and the smaller shows more intimate.

While he couldn't disclose the line-up yet, Niland hinted that this year's event will feature more rock and pop following feedback from last year's festival attendees.

Also top of mind for organizers is ensuring the festival grounds remains as pristine as it was before the event.

Following last year's festival, a shocking photo showing piles of garbage strewn across the festival site made the rounds of social media.

Niland said he is hopeful the image encourages more fans to clean up this year.

$270

Early-bird price for a four-day general admission pass to the festival

"We see it at every festival. It is the norm," he said. "While we want fans to do their part a little bit more, we're also there to clean up the mess."

Early-bird ticket prices start at $270 for four-day general admission festival passes. Four-day VIP festival passes start at $699, which includes a choice of camping or shuttle. Four-day super VIP festival passes start at a price of $1,499, which includes a choice of camping or shuttle.

Tickets are available for purchase at PembertonMusicFestival.com.

> **We took all the feedback from last year and worked really hard on the fan suggestions, everything from the lineup to camping.** A.J. Niland, Hudak chairman

Fans enjoy the scenery at the Pemberton Music Festival in July 2014. JENNIFER GAUTHIER/METRO

B.C. NDP calls for stricter party-bus reform, rules

PUBLIC SAFETY

Demand comes in the wake of woman's death

Emily Jackson
Metro | Vancouver

The Silver Lady party bus parked between police cruisers after a 23-year-old woman died in a fall from the bus on Jan. 9.
RYAN STELTING/FOR METRO

An opposition MLA believes the death of a young woman on a party bus in downtown Vancouver could have been avoided had British Columbia adopted his suggestions for stricter reform to the party-bus industry.

B.C. NDP MLA George Heyman demanded Monday that the province implement tighter rules on the industry after a 23-year-old woman died over the weekend, in a fall from an open door on a moving party bus, operated by Burnaby-based Silver Lady Limousines.

Her death marks the third party-bus-related fatality since 2008.

"I would think that if there was clear regulations about safety practices onboard party buses, if there was safety training for operators, if the industry as a whole was taking the safety of passengers more seriously than it has up to now… I can hope this fatality would not have taken place," Heyman said.

Heyman recommended such rules in a private members bill in 2014 that called for safety training for operators, safe drop zones, mandatory adult chaperones on party buses where minors are present and waivers for passengers to sign stating they know the rules. His bill did not pass.

Last February, the province did change its rules to require party buses and stretch limousines to get special authorization licences from the Passenger Transportation Board. Heyman said that was a "good first step" but that it doesn't go far enough.

He called out Transportation Minister Todd Stone and Premier Christy Clark for "ignoring" suggestions supported by some industry members and by families of victims.

Even though it has (and has always been) illegal to consume alcohol in a moving vehicle, Heyman said there are too many reports of unsafe and illegal activities in an industry where ads often show people holding drinks on buses.

> **I would think that if there was clear regulations about safety practices onboard party buses … I can hope this fatality would not have taken place.**
> George Heyman

"We shouldn't wait for another fatality to take action," he said. In an emailed statement, a Ministry of Transportation spokeswoman said the province is waiting for the results of the investigation before it considers any changes to its party bus regulations.

The ministry's statement expressed condolences for the young woman who died and said the province will work closely with the police on the investigation.

The statement also outlined the province's new rules, noting that 79 companies with 117 vehicles have been approved for licences thus far. It did not release specific information on Silver Lady.

Fines for operating without a licence start at $1,500 roadside and go to $5,000 for repeat offences.

INDIGENOUS ISSUES

Board to adopt changes

The Vancouver Park Board is poised to take action on the findings of the Truth and Reconciliation Commission (TRC) of Canada, which aims to redress the legacy of residential schools and work toward reconciliation between Canada and its indigenous peoples.

Park-board commissioners will vote Monday night on 11 recommended strategies to respond to the TRC's calls to action released in spring 2015. The park board believes it has the opportunity to make changes related to 28 of the TRC's 94 calls to action, according to a staff report.

Measures include staff training on indigenous issues, support for indigenous children, youth and elders, working with First Nations on stewardship of lands including Stanley Park, acknowledging indigenous language rights and establishing a program for artists with community projects that contribute to reconciliation.

The action plan received a positive reaction from Scott Clark, executive director of Aboriginal Life in Vancouver Enhancement (ALIVE).

"Any positive direction is good, but I think there's real potential here to make a difference," Clark said before the meeting. He was excited to see an action plan that builds on the work ALIVE has been doing at east-side community centres. EMILY JACKSON/METRO

CORRECTION

In a story published in the Monday, Jan. 11, edition of Metro, Mohammad Kurdi is incorrectly identified as the father of three-year-old Alan Kurdi. He is in fact Alan's uncle. Metro regrets the error.

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An image of a framed photograph showing David Bowie performing in Vancouver on Jan. 24, 2004, taken by photographer Angela Hubbard. COURTESY ANGELA HUBBARD

Deceased legend Bowie picture perfect

MUSIC

Photographer and fan took stunning shot at 2004 B.C. gig

Thandi Fletcher
Metro | Vancouver

As her camera shutter snapped, Angela Hubbard knew she had captured one of the best photographs of her career.

It was Jan. 24, 2004, and the Vancouver rock photographer was less than two metres away from David Bowie during his show at GM Place in what proved to be his final tour.

Bowie died Sunday after an 18-month battle with cancer.

Hubbard's photo, which captures the music icon beaming while taking a bow on stage, his figure framed by the hands of an audience member, is now framed in her home.

Vancouver photographer Angela Hubbard CONTRIBUTED

"It was just, it doesn't get any better than this," she recalled the moment. "How can I do anything to top this? It was just a masterpiece."

On Friday, Hubbard snapped a photo of the framed image and posted it on Instagram to mark Bowie's 69th birthday. Little did she or millions of fans around the world know at the time, it would be his last.

When Hubbard heard the news of his death Sunday night, she said she was shocked and saddened.

"It's devastating," she said. "I couldn't sleep last night. There was a café that was playing his music this morning, and I just couldn't even listen to it. It was too soon for me to hear it."

A longtime fan of his music, Hubbard said she remembers hearing her first Bowie record in 1983. At the time a teenager working at a record store in downtown Ottawa, she said she was immediately drawn to his music. "He was such a chameleon," she said. "The way he kept reinventing himself and creating all these new personas, there was nobody like him."

Hubbard's love of Bowie and rock 'n' roll went on to shape her career. In 1984, she started photographing concerts in Ottawa. In the early days of the Internet, she said she was among the first to build a website and start promoting her work online.

> **It's devastating. I couldn't sleep last night. There was a café playing his music this morning, and I just couldn't even listen to it. It was too soon for me to hear it.**
> Photographer Angela Hubbard

It wasn't long before Rolling Stone magazine came knocking.

Although she has photographed many concerts since Bowie, Hubbard said nothing has compared to that experience.

"There's just some sort of magic that happens when an artist is performing on stage doing what they love, and I'm doing what I love," she said. "You capture that person's soul through the lens."

IN BRIEF

B.C. experts called to deal with Indiana HIV outbreak

The B.C. Centre for Excellence in HIV/AIDS is partnering with the Indiana University School of Medicine to tackle a recent outbreak of HIV in a small U.S. county.

Since 2014, Scott County, Ind., which has a population of approximately 4,200 people, has reported 184 cases of HIV, and an estimated 10 per cent of its population are injection drug users.

To fight the outbreak, Indiana University, with funding from the U.S. National Institute of Drug Abuse, has partnered with the BC-CfE to implement the made-in-B.C., United Nations-endorsed Treatment as Prevention model in the rural community. A team of researchers will first identify the main factors and track the outbreak before introducing a range of harm-reduction services and sustained treatment.

MATT KIELTYKA/METRO

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ALL PHOTOS NATHAN DENETTE/ THE CANADIAN PRESS

1 Pediatric surgeons learning hands-on
Doctors from all over the world did a hands-on surgical training for congenital heart disease surgery with 3D print models.

2 Performing the complex procedure
The Norwood Procedure is performed on a 3D model of a newborn heart with hypoplastic left heart syndrome at the Hospital for Sick Children, In Toronto, on Thursday.

3 Heart-to-heart
Dr. Shi-Joon Yoo, a cardiac radiologist at Sick Kids who produced the hearts.

PEDIATRICS

3D-printed hearts help surgeons

The pediatric surgeons hover over a tiny heart, gently retracting delicate inner structures and attaching a graft with impossibly intricate stitches to repair a congenital defect that would mean certain death within days of birth.

But this heart isn't inside the chest cavity of a newborn; it's a 3D-printed model being used at Sick Kids Hospital in Toronto to train cardiac surgeons from around the world in some of the most complex operations they will ever perform during their careers.

About a dozen trainees — from Canada and such countries as Norway, Oman, Mexico and the United States — have come to watch master surgeons demonstrate the highly complicated techniques used to repair a number of congenital heart abnormalities and to safely practise those skills on models of their own.

> **This is a good way to practise it when the consequences are not dire.**
> Dr. Glen Van Arsdell

Three-dimensional copies have been created of five hearts from real infants with cardiac anomalies using a high-tech 3D-printer, which almost perfectly reproduces the organ's structure using a photopolymer resin, based on sophisticated MRI and CT imaging.

"Each of the models represents a very specific form of disease that is very different," says Dr. Glen Van Arsdell, chief of cardiovascular surgery at Sick Kids.

THE CANADIAN PRESS

Hostage freed

COLIN RUTHERFORD

Canadian released after being seized by Taliban in 2010

A Canadian man captured by the Taliban in 2010 has been freed.

Colin Rutherford was on a private vacation in Afghanistan when he was seized by the militant group in November of that year.

The last indication the Toronto man's family had that he was alive came in a 2011 video released by insurgents where he answered questions; an accompanying email accused Rutherford, then 26, of being a spy.

In the video, Rutherford insisted he was not a spy and had travelled to Afghanistan to study historical sites, old buildings and shrines.

Foreign Affairs Minister Stephane Dion announced Rutherford's release in a brief statement, but did not explain what steps were taken to secure his freedom — only that it involved the government of Qatar.

Colin Rutherford FACEBOOK

He says he was "very pleased" that efforts undertaken to get him out proved successful.

"We look forward to Mr. Rutherford being able to return to Canada and reunite with his family and loved ones," Dion said.

Rutherford was working as an auditor with the Canadian Circulations Audit Board in Toronto when he went on vacation to Afghanistan in 2010.

"This is great news," said Tim Peel, the company's vice-president said in an email. "We wish him a safe and speedy return and would like to thank all the parties involved in securing his freedom."

Peel did not respond to questions about whether Rutherford's job still exists.

The involvement of Qatar in Rutherford's release is not entirely surprising. The Persian Gulf country has at times quietly played mediator between western governments and the Taliban — even helping to facilitate peace negotiations between governments in Kabul and the hardline insurgency.

Whether any ransom was paid remains an important question.

In securing the release of Canadian diplomats Bob Fowler and Louis Guay from the clutches of al-Qaida's North African branch in 2009, the previous Conservative government denied making any payment. But an al-Qaida letter to the original kidnappers, obtained by The Associated Press in northern Mali in 2013, said it received $1 million for the pair.

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Do not seek revenge, demands Germany

POLITICS

Attacks stoked tensions over open-door refugee policy

Protesters opposing the PEGIDA movement (Patriotic Europeans Against the Islamization of the Occident) attend a counter rally in Leipzig on Monday. AFP/GETTY IMAGES

A string of attacks on women in Cologne on New Year's Eve blamed largely on foreigners was "intolerable," Chancellor Angela Merkel's spokesman said Monday, but added nothing excuses retaliatory assaults on immigrants.

Merkel has proposed making it easier to deport immigrants involved in crimes. But after Cologne police said a group of Pakistanis and a Syrian were attacked in the city on Sunday, Steffen Seibert said Germans must not blame all the nearly 1.1 million migrants who entered the country last year, and said the government is also focused on their welfare.

"We're doing all of these things to protect the population in Germany," he said. "We are also doing this for the great majority of innocent refugees who have sought refuge from bombs and war in our country."

The six Pakistani nationals were attacked Sunday by around 20 people, and two of them were briefly admitted to a hospital, police said. Also Sunday evening, five people attacked a Syrian man, who was injured but didn't need treatment.

The New Year's Eve assaults stoked tensions over Germany's open-door policy to refugees and prompted politicians to call for tougher laws against migrants who commit crimes.

"As abominable as the crimes in Cologne and other cities were, one thing remains clear: there is no justification for blanket agitation against foreigners," Justice Minister Heiko Maas said.

THE ASSOCIATED PRESS

MEXICO

'Nothin' to hide': Penn

Actor Sean Penn said he has "nothin' to hide," after images published Monday indicated he was under surveillance when he met with the Mexican actress who led him to Joaquin (El Chapo) Guzman — and the pair was apparently followed and photographed as they set out for the supposedly secret meeting with the drug lord.

Sean Penn AFP/GETTY IMAGES FILE

Penn also dismissed criticism over his interview with the fugitive, who was captured Friday, a day before Penn's 10,000-word story was published in Rolling Stone.

Mexican officials said contacts between Guzman's lawyers and Penn and actress Kate del Castillo helped them track down the fugitive.

His capture came six months after his dramatic escape through a mile-long tunnel he dug from his cell at the maximum-security Altiplano prison, west of Mexico City.

He is back at the same prison.

THE ASSOCIATED PRESS

IN BRIEF

Baghdad mall attacked

The Islamic State of Iraq and the Levant group claimed responsibility for the Baghdad mall attack that killed 18 people on Monday. Gunmen stormed into the Jawhara Mall after setting off a car bomb and launching a suicide attack at its entrance.

Iraqi officials say the attack which lasted over an hour, killed at least 18 people and wounded 50 in the city's mainly Shiite east.

The ISIL statement, posted online shortly after the attack, said a car bomb and four ISIL fighters carried out the attack. THE ASSOCIATED PRESS

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Tuesday, January 12, 2016

the big number

$55M

That's the windfall David Bowie made by issuing "Bowie Bonds" tied to his future royalties in 1997. The singer was ahead of his time not only when it came to music, gender expression and enormous pants, but also in terms of **securitization, the process of taking real-life assets and turning them into financial instruments.** Bowie Bonds let the artist raise money without selling the rights to his work or having to wait for royalties to roll in. People who bought in received a portion of the future sales of music from Bowie's 25-album, 21-year back catalogue over a 10-year period. The bonds paid a 7.9 per cent yield, and though they didn't perform as well as expected — the industry soon came under pressure from pirates — the idea caught on. Iron Maiden, James Brown and Rod Stewart got on the bond-issuing bandwagon. Soon securities promising future profits from everything from time-share loans to racehorse sperm flooded the market. (And sub-prime mortgages, too, though that's another story). Bowie had foreseen the ch-ch-ch-changes in the music business, telling the New York Times in 2002 that "The absolute transformation of everything that we ever thought about music will take place within 10 years ... just take advantage of these last few years because none of this is ever going to happen again." SOURCE: BLOOMBERG

A bigger down payment is actually a good thing

Diane Baker Mason
For Metro

It's a common misconception that buying a house is always a good investment.

This myth has been bolstered over the last decade by skyrocketing housing prices, with nearly frantic buyers borrowing disproportionate amounts of money in order to "enter the market," with down payments of as little as five per cent.

If this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

Meanwhile, lenders — banks and trust companies — are happy to hand out money.

Why? Because they aren't the ones facing the risk, in the event of a crash. That risk is in the hands of the lenders' default insurers, including the crown corporation, Canada Mortgage and Housing Corporation — our corporation.

Mortgage default insurance has been around for decades, and is not in itself a bad thing. Ordinarily a bank, by law, is permitted to provide first mortgage financing only to buyers with a 20 per cent down payment. Even in a reasonable market, that puts home ownership out of reach for many.

But thanks to CMHC (and to two other private insurers), Canadians need to provide only a five-per-cent down payment, for homes valued up to $1 million.

This insurance protects the lender, not the borrower. Upon default, the insurance company pays the bank, then pursues the borrower. As for the premium (which can be as much as 3.85 per cent of the amount borrowed), it is added to the debt. On a $500k loan, that's another 20 grand — which, on a loan of half a million dollars, doesn't seem like much.

But it is. This will be painfully apparent when interest rates eventually go up. Payments on these massive loans might be manageable at 2.5 per cent, but at five, six or 10, they'll be impossible.

The market will fill with houses that people have to sell, and houses mortgaged beyond their value will be unsellable. The defaulted loans will be enforced by the insurers — including the taxpayer-subsidized CMHC — which will take the hit for any loss.

Despite collecting premiums, CMHC has in the past been in a loss position when the real-estate market has crashed.

In order to cool the market without causing a crash, the federal government is introducing changes to the insured-mortgage rules effective Feb. 15, 2016, increasing the down payment to 10 per cent for the portion of a home value greater than $500k. In a falling market, this minimal equity will quickly vanish.

Lenders hand out money at low rates, and we gobble it up, borrowing beyond our means to buy houses at inflated prices.

It's been quite the banquet. And if this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

ROSEMARY WESTWOOD

metroview

The Bowie handbook for a crazy, creative, ever-changing life

The first time I listened closely to David Bowie, I couldn't see the stars at all.

I was driving B.C.'s switchback, two-lane Sea-to-Sky highway at night, while construction crews laboured to widen the roads. The looming spotlights and dust kicked up by heavy machines obscured everything around the car.

I couldn't see more than a dozen metres ahead, and it felt like navigating some robot-strewn future, listening to a mixtape of Bowie, who seemed to be singing from somewhere beyond this world.

One chord from Ziggy Stardust, and the picture appears: me, young and truly alone for the first time, trying to make something of myself in a strange town. Dust, lights and darkness.

Many others will tell you, better than I could, what David Bowie meant to fashion, to finance, to music, to ideas of gender. But his effect on our notions of who and what we could be — that it is his most revolutionary legacy.

The David Bowie handbook for living would include such points as: You don't need to pick an identity, as you are infinitely changeable. Feel free to wear pants as large as you like. Weird is sexy. Never take half-steps in make-believe. Don't worry about gender conformity. Don't worry about fluid sexuality. Be insanely productive. Be insanely creative.

The foremost ideal he portrayed was freedom. Second was gall. Both made him very rich, which was undoubtedly part of the calculation, but his wealth doesn't lessen the message.

I never became an avowed fan. I can't list off all his alter egos in chronological order and match his elaborate outfits to his world tours. But you didn't have to be a fan to understand the way he ignored the rules. And there could have been no better soundtrack to that summer, driving the highway at night and dreaming of who I could be.

Bowie will be remembered as a genius of the level few could aspire to. But there's nothing stopping anyone from aspiring to his approach to life, if to less dazzling and lucrative ends.

"I thought he was a vampire! I thought he'd live forever!" one colleague quipped, after word broke that Bowie died of cancer.

Few knew he was sick. Few believed he could die. But you really can't avoid it — even if you're Bowie. Eventually, you run out of costume changes. There's no more time to contribute to the world. There is no more time for shape-shifting.

With whatever time you have, why hold back when you could more like Bowie?

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Emma Watson's feminist book club has picked its first book, My Life on the Road

5 WAYS WE WILL REMEMBER DAVID BOWIE

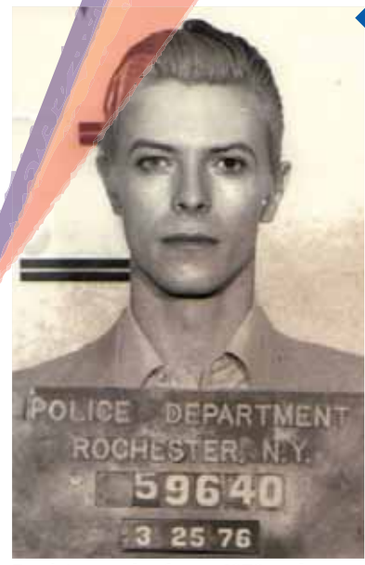
As the world mourns the death of the legendary David Bowie, Metro looks at how the shape-shifting genius influenced pop culture for more than half a century METRO/THE ASSOCIATED PRESS/AFP

1 The Songs

Long before alter egos and wild outfits became commonplace in pop, Bowie turned the music world upside down with the release of the 1972 album, **The Rise and Fall of Ziggy Stardust and the Spiders from Mars** which introduced one of music's most famous personas. Ziggy Stardust was a concept album that imagined a rock star from outer space trying to make his way in the music world. The persona — the redheaded, eyeliner-wearing Stardust — would become an enduring part of his legacy, and a touchstone for the way entertainers packaged themselves for years to come. Bowie scored hit after hit over more than four decades, ranging from **Changes**, **Starman**, and **Rebel Rebel**, to **Heroes, Ashes to Ashes** and 1981's **Under Pressure.**

2 The Movies

Bowie will always be remembered for his tight-pants-wearing turn as Jareth the Goblin King in the 1986 fantasy-adventure film **Labyrinth** and as Maj. Jack "Strafer" Celliers in the BAFTA-winning Japanese prisoner of war film **Merry Christmas, Mr. Lawrence**. Bowie won an acting award for his performance as Thomas Jerome Newton, an extraterrestrial, in **The Man Who Fell to Earth**, and appeared as a vampire opposite Catherine Deneuve in **The Hunger** (above). Other acting credits include **Twin Peaks: Fire Walk with Me**, **Basquiat** — where he played Andy Warhol — Pontius Pilate in Martin Scorcese's controversial **The Last Temptation of Christ** and Nikola Tesla in Christopher Nolan's thriller **The Prestige**.



Bowie's mug shot from a 1976 pot bust.

3 The Man

"My entire career, I've only really worked with the same subject matter," Bowie told The Associated Press in 2002. **"The trousers may change, but the actual words and subjects I've always chosen to write with are things to do with isolation, abandonment, fear and anxiety — all of the high points of one's life."**

During his career, Bowie famously declared himself bisexual in the 1970s. In a 1983 Rolling Stone article he called the declaration the biggest mistake he ever made, qualifying that comment to Blender magazine in 2002 to say "I don't think it was a mistake in Europe, but it was a lot tougher in America."

In the 1980s he famously and publicly challenged MTV on its refusal to play black music videos on air.

4 The Duets

You may not think of Bowie as a Christmas artist, but his 1977 duet of **Peace on Earth/Little Drummer Boy** with Bing Crosby is a perennial favourite during the holiday season thanks to annual play on MuchMusic in the 1980s and '90s and millions of YouTube views. Bowie recorded a duet for the song **Under Pressure** with Queen in 1982, and performed it live with Annie Lennox. Other notable collaborations include the legendary **Dancing in the Street** with Mick Jagger, and **Hallo Spaceboy** with Nine Inch Nails and also the Foo Fighters.

5 The Fashion

Bowie — with his outrageous alter egos — was as renowned for his image and influence on fashion design as he was for his music. From the much-copied lightning-flash face paint of Aladdin Sane, the oversize shoulders and white shirt collars of Thin White Duke to the trilby hat and floppy fringe of the alien he played in the movie **The Man that Fell to Earth**, Bowie for decades boldly broke boundaries in style and gender with his influential looks.

Then there was, of course, 1972's flame-orange-haired **Ziggy Stardust** — his most recognizable invention. Jean Paul Gaultier (a Ziggy-inspired design from a 2013 Gaultier collection is shown at right), Dior, Saint Laurent and Dries Van Noten and fashion-conscious actresses such as Tilda Swinton all owe Bowie a lot. Trends in recent seasons have turned the clocks back to the glam rock of the 1970s and '80s — a Bowie signature.

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Playing pregnancy roulette

HEALTH POLICY

Canada lags behind other nations in birth control access

Liz Brown
Metro | Canada

When her period comes each month, Anne Wilson* breathes a sigh of relief. "I'm like, oh thank God," she says, laughing nervously.

The 31-year-old Toronto entrepreneur doesn't want to play roulette with pregnancy, but she's left with few options due to health issues that prevent her from using most forms of birth control. At present, she and her partner use condoms, but, "I can tell you we're not using them perfectly 100 per cent of the time," she says.

Doctors have advised her that her only option is an IUD. Wilson's painful menstrual cramps remove the copper IUD from her list of options — it's known to exacerbate cramps in some women — leaving her with two remaining choices: hormonal IUDs Mirena and Jaydess.

But Wilson can't afford either — both cost upwards of $300 and subsidized birth control clinics don't offer them.

"I'm just starting a business so I'm always worried about when money is coming in, and these costs add up," she says. "I wish there were more options."

Wilson isn't alone.

According to the Canadian Contraception Consensus report from the Society of Obstetricians and Gynaecologists of Canada, 15 per cent of sexually active Canadian women aren't using any form of birth control and 20 per cent are using a form of birth control inconsistently. And according to the World Health Organization, 51 per cent of pregnancies in North America were unintended in 2012 (a stat that includes pregnancies that were not carried to term).

Low-income women are twice as likely to use no contraceptives compared to the highest earners. And one third of Canadian women will have an induced abortion at some point in their life. Simply put, Canadian women are facing enough barriers to birth control that a substantial number are risking unplanned pregnancy each month.

"When we look around the world, Canada is one of the only societies that pays for universal health care ... but doesn't provide free contraception," says Dr. Wendy Norman, chair of the Contraception Access Research Team (CART) at the University of British Columbia. "The number one barrier that we've identified for women accessing birth control is cost," she adds.

The United States, 11 countries in Europe, the U.K., Australia and New Zealand all provide a universal subsidy for contraception.

In Canada, however, affordable birth control is provided through a patchwork of sexual health clinics funded by public health authorities. While these clinics do offer affordable options such as oral contraceptives ranging from free to $10 per month, or five-year copper IUDs for $60, many women find it difficult to access due to limited clinic hours and long wait times.

Catherine Datta, the north/east manager of the Toronto Sexual Health Clinics, notes that in 2014, over 63,000 people visited clinics in Toronto and sometimes experienced wait times of more than two hours.

"The hours (of clinics) don't support the people who may use them the most," agrees Pam Krause, executive director of the Calgary Sexual Health Centre. According to Krause, the clinics in Calgary have hours similar to school and offices.

That leaves many women using condoms or withdrawal for birth control, two methods with the highest rates of failure — 21 per cent failure for condoms over one year of typical use, and a 22 per cent failure for withdrawal over one year of typical use, according to research from Princeton University in 2011. In contrast, less than 1 per cent of women using an IUD will become pregnant over one year.

"Because the least effective contraceptive methods cause the most pregnancies, it costs the health system much more than it would to provide a more expensive option because so fewer pregnancies result when consumers use the most effective methods (which are the most expensive)," says Norman.

According to Dr. Norman, free, accessible birth control is one of the easiest ways to reduce costs on the health care system.

American research shows that the nation's publicly-funded clinics — which provide access to free or subsidized birth control — saved the U.S. $13.6 billion in 2010, or about $7 for every public dollar spent.

And a study from St. Louis, Mo., conducted between 2007 and 2011 involving 10,000 young women given the option of various methods of free birth control resulted in a dramatic drop in unintended pregnancy. The annual rate of pregnancy for participants in the study was 34 per 1,000 women, compared to a national average of 57 per 1,000.

About 75 per cent of the participants opted for long-acting IUDs.

In contrast, only about 2 per cent of the general female population in the U.S. use an IUD.

"As soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them," says Norman.

"In Canada we don't have much research to guide us. (Contraceptive access) hasn't ever been a core principle within public health," she adds.

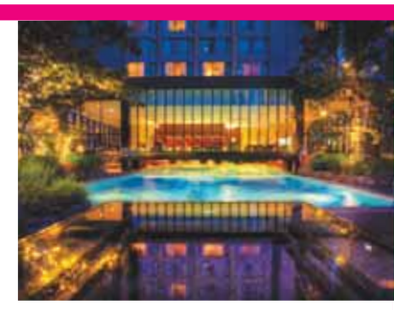
LIZ.BROWN@METRONEWS.CA

Name changed at source's request.

> **As soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them.**
> Dr. Wendy Norman

DINE OUT, STAY IN:

THIS JANUARY, TREAT YOURSELF TO A CULINARY STAYCATION



If you're going out on the town, you might as well splash out – because after several decadent courses during Dine Out Vancouver Festival (and wine pairings to match), why would you make the long, cold trudge back home when you can roll a few blocks to a comfy hotel?

With our awesome Canadian dollar, now is the perfect time to stick around town for your mid-winter "getaway". Dine Out starts in a few short days, allowing you to dine at one (or more!) of 289 restaurants or engage in culinary foreplay at 100-plus festival events. You've got a lot of food, wine, beer and spirits to discover, and a hotel stay is the cherry on top that transforms a delightful evening into a fully baked culinary staycation.

There are three ways you can approach your hotel stay. Let's explore:

OVERNIGHT STAYS STARTING AT $80

More than 10 hotels in downtown Vancouver and beyond are offering special room rates at $80, $110 and $140 per night. The hotels represent an array of neighbourhoods, so choose a property close to your desired restaurant or event so you can minimize the commute and maximize your indulgence.

GASTRONOMIC WEEKENDS FEATURING CHEF TOURS, COOKING CLASSES AND EVENT TICKETS

Three exclusive Club Amuse-bouche Collection packages pair luxe accommodation with once-in-a-lifetime culinary experiences. The Four Seasons' "Catch and Cook Like a Vancouver Chef" includes a morning crab-fishing with Executive Chef Ned Bell and intimate cooking demo. The Listel Hotel's "Forage & Feast" package features a private preserving workshop with Executive Chef Chris Whittaker, a rainforest tour led by Swallow Tail Tours. And the Rosellen Suites at Stanley Park includes a two-night stay in the glamorous Katharine Hepburn Penthouse Suite and welcome bottle of champagne.

DINE AND STAY PACKAGES

Seven hotels are offering overnight stays combined with a three-course dinner, plus additional perks. Check out the full list – and make your bookings – at **DineOutVancouver.com.**

For the full details:
DineOutVancouver.com
SONU PURHAR / FOR TOURISM VANCOUVER

UBC, city sign agreement

METRO VANCOUVER

Partnership will help students tackle local issues

Metro Vancouver Commissioner/Chief Administrative Officer Carol Mason and UBC Interim President Martha Piper. CONTRIBUTED

An agreement between the University of British Columbia (UBC) and Metro Vancouver has been finalized. The two sides signed a memorandum of understanding (MOU) in the days leading up to Christmas aimed at strengthening their ongoing collaboration to address regional economic, social and environmental sustainability challenges.

"This stronger relationship will provide new opportunities for UBC faculty and students to connect with our partners by working on projects that will directly benefit the region," said Dr. Martha Piper, UBC's Interim President in a media statement. "Metro Vancouver will have the opportunity to draw on UBC's substantial pool of expertise and research capacity to address important challenges facing cities, the region and the world."

Although the MOU will support a number of important initiatives between UBC and Metro Vancouver, they fall into three key categories, as follows:

• Research, Learning, and Innovation: UBC will connect students, faculty and staff to the region to address local issues. One of the key programs will be the new Sustainable Region Scholars program. Working under the guidance of Metro Vancouver staff, UBC graduate students from multiple disciplines will apply their research skills to projects that lead to tangible economic, ecological and social benefits for the region.

• Operations: Given the proximity of the West Point Grey Campus of UBC and the Pacific Spirit Regional Park, there will be on-going efforts to identify operational issues on which collaboration should be considered to develop joint approaches for action.

> **"This stronger relationship will provide new opportunities for UBC faculty and students to connect with our partners by working on projects that will directly benefit the region."**
> Dr. Martha Piper

• Regional Prosperity: The two organizations will work together on areas of regional significance including climate change. Researchers from UBC are testing behaviour change programs for their impact on reducing energy use in UBC's multi-family residential buildings which will help to inform the work of Metro Vancouver to develop effective actions to reduce carbon emissions across the region.

"Metro Vancouver and UBC share a commitment to sustainability, and we believe that to achieve long-term livability and prosperity, innovative, creative, and collaborative problem solving is required, which is why we have expanded our partnership," said Greg Moore, Chair of the Metro Vancouver Board.

The ongoing collaboration between the two organizations will be overseen by Strategic Collaboration Joint Steering Committee.

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Beedie students who organized the campaign. CONTRIBUTED

Students raise cash for cancer research

FUNDRAISER

More than $30K raised through variety of events

Students in a Project Management class at Simon Fraser University's (SFU) Beedie School of Business (BSB) did all they could to raise $30,000 for cancer research. However when they fell short of their goal, the class took it one step further — donating out of their own pockets to make up the difference.

The students raised the funds through a project called 25toLife, in which they organized a series of events to raise funds for the Canadian Cancer Society (CCS). The events included a moustache-themed pub night, a five-kilometre obstacle course sponsored by Steve Nash Fitness, and a climb up 35 flights of stairs at SFU's campus at the Harbour Centre downtown.

Despite all their hard work, the students came up $400 short of their $30,000 goal. They then decided to take it into their own hands and each contributed what they could, bringing the total donation to the CCS to $30,043.

"It was truly humbling to be a part of such a dedicated team of students intent on raising funds for cancer research to support individuals affected by the disease," said Beedie School of Business undergraduate Jordan Binotto in a press release. "The project pushed us all to the limits but was one of the coolest experience in my undergraduate career. Learning about project management in class and immediately implementing our knowledge for such a worthy cause was so fulfilling."

This is the third straight year that BSB professor Kamal Masri has run the 25toLife project in his Bus 361 Project Management class, raising a grand total of $80,000.

"There is no better way to learn about project management than putting business education into action, and the 25toLife project is a perfect example of experiential learning benefiting a worthwhile organization," said Masri. "The Canadian Cancer Society has been very supportive of the students over the last three years, and they deserve a lot of credit for the success of the project."

For more information, visit twentyfivetolife.ca.

KWANTLEN POLYTECHNIC UNIVERSITY

Brewing up scholarships

A little later this month, BRB Co. Small Batch Brewers (Be Right Back Brewing Company) will be hosting an event with the intention of raising money for student scholarships in Kwantlen Polytechnic University's (KPU) brewing & brewery operations program.

In addition to featured brews from BRB Co. Small Batch Brewers, many other beers will be available from other lower mainland's local breweries such as Old Abbey Ales, Steamworks, Big Rock Urban Brewery, Dead Frog Brewing, Steel & Oak, Howe Sound Brewing Co., Parallel 49, Deep Cove Brewing, and of course KPU Brewing students.

"KPU Brewing is fortunate and so proud to have the support of industry partners such as Be Right Back Brewing Co.," said Elizabeth Worobec, dean of KPU's Faculty of Science and Horticulture in a media release. "Scholarship support for the next generation of brewers and industry professionals we're training at KPU allows students to focus on their craft."

The fundraiser will feature a live broadcast on TSN1040's Just Here For The Beer radio show. The first 100 tickets are $20 each and good for three 5 oz. beer samples, with additional beer tickets available during the event selling for $2. All proceeds will go to support Kwantlen Brewing Program Scholarship fund.

"We want to support KPU in training the next generation of brewers, and what better way than bringing together the brewing community and beer lovers for a cask ale festival," said BRB Co. general manager David Chadwick.

The fundraiser is scheduled for Jan. 23 at BRB Co. Brewery + Eatery at 14200 Entertainment Boulevard in Richmond. Organizers say it will commence at noon and will go "until the casks run dry."

With tickets at just $20, they will go fast. Additional tickets may be released, however likely at a higher cost. To get yours or for more info go to brbco.ca/casks-for-kwantlen.

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Program	Campus
Building service worker Wednesday, Jan. 13, 1 p.m. – room 207	Downtown
Adult upgrading Wednesday, Jan. 13, 3 p.m. – room B1208	Broadway
University transfer Wednesday, Jan. 13, 3 p.m. – room B1208	Broadway
First-year university transfer (computing science) Wednesday, Jan. 13, 5 p.m. – room B1228	Broadway
First-year university transfer (engineering) Wednesday, Jan. 13, 5 p.m. – room B1228	Broadway
Digital graphic design Thursday, Jan. 14, 6 p.m. – room 821	Downtown
Access to careers and education Friday, Jan. 15, 12 p.m. – room 236	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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VCC culinary course deliciously unique

For the past 41 years, students at North America's only Asian culinary arts program have been learning the techniques of cooking Cantonese cuisine with additional lessons in Mandarin and Szechuan cooking, dim sum and barbecue. However, as the Lower Mainland's population and industry demand have evolved, so has the programming at the Vancouver Community College (VCC) offering.

"In 1975, there weren't many Chinese restaurants and the ones that were around had a hard time hiring people, so VCC wanted to train local people who were originally from China and Hong Kong so they could earn a living," explains Barry Tsang, himself a former student of the program and the head of VCC's Asian culinary arts department. "Now, the students are from all over the world and Vancouver's restaurant scene changed so we expanded to include more Southeast Asian countries."

SOME OF OUR STUDENTS ARE JUST LOOKING TO LEARN NEW SKILLS THEY CAN ENJOY WITH THEIR FAMILY AND FRIENDS. BUT ALL OF THOSE WHO APPLY NEED TO HAVE A PASSION AND LOVE COOKING.
– Barry Tsang

And while the full-time, 20-week offering covers theory and practical training in the classroom and in a fully equipped commercial kitchen, which operates in conjunction with a cafeteria open to the public, it isn't only for those looking to launch a culinary career, says Tsang.

"All the recipes we taught used to be commercial so they couldn't be made at home but now we include recipes students can make at home," he says. "So, some of our students are just looking to learn new skills they can enjoy with their family and friends. But all of those who apply need to have a passion and love cooking."

During their time in the certificate program, students learn to prepare and cook meat, poultry, seafood and vegetables using cooking methods such as stir-frying, pan-frying, deep-frying, broiling, braising and steaming. Also covered are food safety and sanitation standards as well as the business side of restaurant operations, including food purchasing, and inventory procedures.

"After two or three months, I can really see confidence building up in students and see they are becoming professionals," says Tsang. "When they finish here, students should be able to work in restaurants that specialize in Chinese cuisine."

VCC's Asian culinary arts program has two intakes per year, one in February and the other in September.

VSB is motivating students

After attending some general studies courses at university level, contemplating a psychology degree and working with autistic children, Janice Fung knew she was suited for a health care career. An interest in technical skills helped in her decision to become an ultrasound or X-ray technician. But to apply for her program of choice, Fung needed to upgrade some of her high school courses. She turned to adult education at the Vancouver School Board (VSB).

"It was very engaging," says Fung, who is currently awaiting an answer to her BCIT application. "There is a high level of maturity among the students and teachers are very encouraging and accommodating. I also found VSB to be really goal oriented, so it fosters you to reach your milestones and makes you want to learn."

Offering courses that allow adults to graduate from high school, upgrade their marks or improve their English if they are new to the language, the VSB facilitates self-paced and structured classes. Self-paced courses require less in-school time and allow students to finish faster or slower than structured classes. Structured classes, meanwhile, require daily attendance for two to three hours during the day or in the evening. Fung's experience included both.

"For the self-paced courses, you had to be really dedicated and self-motivated," she says. "There's an online component as well as coming to the learning centre for help if you need it."

The learning centre at South Hill Adult Education Centre, where Fung attended courses, connects students with a range of support resources including advisors, outreach workers, instructional assistants and administrators.

A new term of VSB adult education courses, which are also offered at Main Street at Gladstone and Gathering Place learning centres, is set to begin in early February. Registration is open and a placement assessment may be needed to plan a program to help you meet your goals. For more information, visit ae.vsb.bc.ca.

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This training is electric

The trades are where the jobs are in B.C. According to the provincial government's most recent Labour Market Outlook report, there will be a need for more than 5,000 additional electricians in B.C. by 2024.

Electrical work is an exciting career with an increasing need for skilled workers. Whether you're a young person who recently completed school and is looking to continue your specialization, or you're looking to switch careers into an in-demand, skilled profession, electrician training provides an avenue for those who love a hands-on challenge.

Programs such as the Construction Electrician Foundation program at CDI College provide education in the latest technologies, regulations, and practices. Courses are created and taught by education professionals and experts in the field.

Work as an electrician balances the need for knowledge and theory with practical application. In school this happens in the lab and workshop, in the field it happens in real settings wherever electricians are needed — residential and commercial.

Construction electricians in B.C. earn up to $39.32/hr and perform many different activities including construction math, circuit drawings, EMT conduit bending, and the methods of installation.

CONTRIBUTED

Students leave their programs with the ability to use a variety of tools in situations relevant to an electrician's everyday work. Graduates are qualified for valued positions as apprentice electricians with companies that perform residential electrical work.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

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Osteopathy: The art of healing hands

Osteopathy aims to restore function in the body naturally by treating the causes of pain and imbalance. To do so, an osteopathic manual practitioner works with the position, mobility and quality of tissues through hand "palpations."

"Osteopathy is both an art and a science," says Merrill LaLonde, an osteopathic practitioner, who is also a clinical supervisor and teacher at the Vancouver college.

The art is the practice of palpation, using the hands to feel the body's tissue (commonly called "listening") to determine when something feels off or misaligned. The science involves a study of biomechanics — the movement of the joints, connective tissue, cranial bones and organs, from head to toe, to ensure they're moving properly and getting sufficient blood flow.

Osteopathic practitioners can treat a variety of conditions in children and adults, including soft-tissue strains like tendonitis and respiratory problems like chronic bronchitis, as well as concussions, migraines, back pain, sciatica and digestion trouble.

The results will vary with the diagnosis and how long the patient has had the problem. "Most people see decreased pain and increased mobility fairly soon after their first treatment," says LaLonde.

To find an osteopathic practitioner near you, consult the Society for the Promotion of Manual Practice Osteopathy's member directory at osteopathybc.ca/members. The treatments are covered by many private health-insurance plans.

For those seeking a health-care career that involves healing hands, the Canadian School of Osteopathy Manual Practice offers a part-time, five-year osteopathic practitioner diploma program. Located at 1150 Station St. in Vancouver — in the Via rail station, (mezzanine level) — the college is affiliated with Collège d'Études Ostéopathiques, the parent school in Montreal.

The Canadian School of Osteopathy Manual Practice is the only one of its kind in British Columbia recognized by the provincial Private Career Training Institutions Agency.

For more information or to register for the program starting in September, contact Louise Seguin at 1-800-263-2816 ext. 229, or at admission@ceo.qc.com.

PREREQUISITES

A CSO-trained osteopathic manual practitioner must hold a diploma or degree in medicine, physiotherapy, occupational therapy, nursing, sports and athletic therapy, chiropractic, veterinary medicine, midwifery, acupuncture or massage therapy (3,000 hours) prior to entering the program of study in Osteopathic Manual Practice.

metro SPORTS

Canada's Daniel Nestor hit a career milestone at the Apia International Sydney with his 1,000th ATP Tour doubles win

Canucks goalie Jacob Markstrom, defenceman Chris Tanev and the Panthers' Reilly Smith all vie for the puck on Monday night at Rogers Arena. JONATHAN HAYWARD/THE CANADIAN PRESS

Canucks complete comeback win in OT

Last week, he was a goat.

In the minds of many, the blame for Team Canada's world juniors quarter-final loss fell at the feet of 19-year-old Jake Virtanen.

The rookie forward has been back in the Vancouver Canucks lineup for two games since his return from Finland. He had some promising flashes in Saturday's loss to Tampa Bay, but he saved arguably his finest moment in a Canucks uniform — so far, anyway — for Monday against Roberto Luongo and the Florida Panthers.

Virtanen tied the game at two goals apiece with less than three minutes left in the third period of Monday's game, eventually sending it to overtime.

Daniel Sedin took over from there.

On a power play in the extra frame, Daniel Sedin's wrist shot beat Luongo on the glove side,

MONDAY In Vancouver

3	2
CANUCKS	PANTHERS

giving the Canucks a 3-2 come-from-behind victory and ending Florida's franchise-best winning streak at 12 games.

That counted as Daniel Sedin's second goal of the evening. He now has 19 goals on the season.

Following the winner, as the Canucks were celebrating at centre ice, a melee broke out in between the benches, resulting in players from both teams spilling out onto the ice, pushing and shoving.

Order was eventually restored.

The Canucks now begin a six-game road trip Thursday in Washington. CAM TUCKER/METRO

Luongo still feels competitive fire

NHL

Ex-Canuck is backbone of Panthers' success

Cam Tucker
Metro | Vancouver

This April, Roberto Luongo will turn 37 years old.

It's his hope that by that time, the Florida Panthers will be on the verge of locking down a playoff position, if they haven't already.

A large portion of Florida's success can be attributed to the play of Luongo. The Panthers were winners of 12 straight games heading into Monday's game versus the Canucks.

The hottest team in the NHL, the Panthers have vaulted to the top of the Atlantic Division.

Luongo's play and his numbers should have him at least in the Vezina Trophy conversation.

Luongo is fifth amongst NHL goalies in shots faced (980) and shots saved (912), which amounts to an impressive save percentage of .931.

In terms of puck possession, statistics for shot attempts show Florida has the fifth worst Corsi For percentage at 5-on-5 in the NHL, as per stats.hockeyanalytics.com.

Yet, the same website shows Florida's shooting percentage at even strength is among the top five teams in the league and their save percentage — this is where Luongo and backup Al Montoya come in — is tops in the league.

Exactly how long can the Panthers keep that up, especially when it comes to shooting percentage, before there is some form of regression?

For the past few weeks, however, the Panthers have been stocking wins and points. And now they're thinking playoffs.

His return to Vancouver last year was all about the emotion. It was about Luongo and Canucks fans properly bidding farewell to each other.

This time, it's about the Panthers rising to second in the Eastern Conference, and how Luongo has been the backbone of the ascension.

"I didn't go there to just retire. I went there to turn the corner of the franchise, get them back in the playoffs and make a run," Luongo said.

"I want to have at least one more crack at it, if not more. That's why we play the game, because we want to win. We don't go there to enjoy the sun and all that kind of stuff."

Roberto Luongo took a record of 19-11-2 into Monday night's contest. HARRY HOW/GETTY IMAGES

> **"I didn't go there to just retire. I went there to turn the corner of the franchise.** Roberto Luongo

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Identifying with Walsh's pain

NFL

Paul McCallum also missed a vital field goal, felt fans' rage

Paul McCallum knows all about what it's like being the face of a team's playoff failure.

In 2004, he missed two field goals — including a chance to win in overtime — in the Saskatchewan Roughriders' 27-25 West Division final loss to the B.C. Lions. The 23-year CFL veteran kicker was the target of numerous threats from angry fans while his home was pelted with eggs and manure dumped on his lawn.

Paul McCallum GETTY IMAGES

So McCallum can certainly relate to Minnesota kicker Blair Walsh, whose missed 27-yard field goal with 22 seconds remaining handed the Seattle Seahawks a stunning 10-9 NFC wild-card road Sunday. Predictably, irate Vikings fans flocked to social media afterwards wishing Walsh would die or predicting his impending death.

"It's not that people need to blame someone, it's that they have to and it's ridiculous," McCallum said Monday via telephone from Vancouver.

"You want to yell and scream at the game? Go ahead. But now you take it outside and go to the extent of sending (death wishes)? Now those things need to be taken just as seriously as if it was someone in an office making (those wishes)."

Walsh made an NFL-high 34 field goals this season and connected three times — including from 47 yards out — against Seattle. But he hooked his final attempt, made into the wind in -32 C conditions with the laces turned in on the hold.

McCallum, 46, downplayed the roles the laces, weather or pressure of the moment had on Walsh missing. "Everyone saw he kicked the 47-yarder with the laces and it was good, he hit it fine," McCallum said. "The pressure, that's just the job, it doesn't matter." Walsh's miss took attention away from Minnesota's struggling offence.

Not only did the unit fail to score a touchdown, NFL rushing leader Adrian Peterson managed just 45 yards rushing on 23 carries. His second-half fumble also allowed Seattle to kick a field goal for the 10-9 lead. But that was of little solace to some Vikings fans, who posted videos on Twitter of individuals successfully kicking 27-yard field goals in snowy, cold conditions. McCallum said it's important Walsh have both a thick skin and short memory.

"He's a very good kicker," McCallum said. "Don't let one mistake define your career." THE CANADIAN PRESS

Vikings kicker Blair Walsh missed the game-winning field goal against the Seahawks on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

> **"It's not that people need to blame someone, it's that they have to and it's ridiculous.**
> Paul McCallum

CFL

Saskatchewan acquires Redblacks receiver Price

The Saskatchewan Roughriders have acquired international receiver Maurice Price from the Ottawa Redblacks for their sixth-and seventh-round picks in the 2016 CFL draft.

Saskatchewan also gets Ottawa's sixth-round pick in the deal. Price started all 18 games last year as part of Ottawa's dangerous offence contributing 58 catches for 603 yards and a touchdown. THE CANADIAN PRESS

Kicker Whyte extends deal with champions Edmonton

The Edmonton Eskimos signed Canadian kicker Sean Whyte to a one-year contract Monday.

The B.C. native hit on one-of-three field goals and added a convert in the Eskimos' 26-20 Grey Cup win over the Ottawa Redblacks. Whyte, entering his eighth CFL season, has made 211-of-251 career field goal tries (84.1 per cent) and 217-of-218 converts. THE CANADIAN PRESS

Carli Lloyd and Lionel Messi VALERIANO DI DOMENICO/KEYSTONE/THE ASSOCIATED PRESS

SOCCER

Lloyd and Leo reign in Zurich

Lionel Messi has won the FIFA world player of the year award for a record fifth time.

Messi ended Cristiano Ronaldo's two-year hold on the Ballon d'Or trophy on Monday to lift soccer's top individual honour.

The Barcelona forward regained the prize after his club won five major titles last year, leaving Ronaldo's Real Madrid with nothing.

"It's incredible that it's my fifth. It's much more than anything I dreamed of as a kid," Messi, who won four straight FIFA awards from 2009-12, said in his acceptance speech.

Messi got 41.33 per cent of total voting points in a 23-candidate ballot. Ronaldo received 27.76 per cent and third-place Neymar got 7.86 per cent

Voting was by national team captains and coaches, plus invited journalists, from FIFA member countries.

It was a stellar night for Barcelona and the World Cup-winning United States women's team.

Luis Enrique was named best coach after guiding Barcelona to win the Champions League, Spain's La Liga and cup, UEFA Super Cup and Club World Cup.

The women's awards were won by American captain Carli Lloyd and English-born U.S. coach Jill Ellis.

Lloyd stood out by scoring six World Cup goals, including a stunning hat trick in the opening 16 minutes of a 5-2 rout of Japan in the final at Vancouver's BC Place Stadium. THE ASSOCIATED PRESS

IN BRIEF

Spurs extend streak to eight in Knicks blowout

LaMarcus Aldridge had 25 points and 11 rebounds as the San Antonio Spurs extended their winning streak to eight with a 106-79 victory Monday night over Brooklyn in the Nets' first game since an organizational shake-up.

A day after coach Lionel Hollins was fired and general manager Billy King reassigned, the Nets dropped their 10th straight at home and fifth in a row overall.

Kawhi Leonard added 17 points for the Spurs, who go to Detroit on Tuesday before putting their 31-game home winning streak on the line Thursday in a showdown with Cleveland. THE ASSOCIATED PRESS

Alabama's Crimson Tide makes history with title win

No. 2 Alabama won its fourth national title in the last seven seasons, outlasting the dynamic play of Deshaun Watson and No. 1 Clemson in a 45-40 victory Monday in the College Football Playoff championship game.

The Crimson Tide (14-1) became the second team in college football's poll era to win four titles in seven seasons.

Alabama joins Notre Dame, which won four titles from 1943-49. For Alabama coach Nick Saban, it is his fifth national championship, leaving him one short of Bear Bryant for the most all-time. THE ASSOCIATED PRESS

Bettman urges Calgary to replace Saddledome soon

NHL commissioner Gary Bettman is urging Calgary to move ahead on a new arena.

Bettman says work needs to begin on a new rink for the Calgary Flames immediately.

A new arena and football stadium project is proposed for the west side of the city's downtown at an estimated cost of almost $900 million. THE CANADIAN PRESS

UK Athletics: Reset track and field world records

All world records in track and field should be reset and lifetime bans should be imposed on serious drug cheats to clean up the sport, the governing body of British athletics said Monday.

UK Athletics published "A Manifesto for Clean Athletes" containing 14 proposals aimed at restoring credibility to a sport battered by allegations of widespread doping, cover-ups and corruption. THE ASSOCIATED PRESS

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RECIPE Kale Pesto Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You've got leftover kale from yesterday's dinner, right? Can you think of anything better to do with it than pizza? We can't either!

Ready in
Prep time: 30 minutes
Serves 4

Ingredients
- 3/4 bunch kale, cleaned and tough stems removed
- 1/4 cup of chopped onion
- 2 cloves garlic, chopped
- 1 1/4 Tbsp extra virgin olive oil
- 1 package frozen whole wheat pizza dough
- 1/4 cup corn meal
- 1/2 cup ricotta cheese
- 1/2 cup fresh, shaved Parmesan cheese
- 2 Tbsp all-purpose flour
drizzle of extra virgin olive oil

Directions
1. Preheat oven to 425 F.
2. In a large pan, heat oil over medium heat. Add garlic and onion and sauté until translucent, about 3 minutes. Add kale and stir. Cover and allow kale to wilt, about 6 to 8 minutes. Place everything in a food processor. Pulse until it becomes the texture of a fine pesto. Set aside.
3. Place the cornmeal on a flat surface and flour your rolling pin. Roll out the dough until it's about an inch thick. Place on a baking sheet or pizza stone. Brush oil onto dough. Spread the kale pesto evenly across the surface of the dough. Using a tablespoon, place dollops of ricotta randomly on the pie. Sprinkle with Parmesan cheese.
4. Place pizza stone or baking sheet in the oven. Cook for 10 to 12 minutes, or until crust is crispy and cheese is bubbling.

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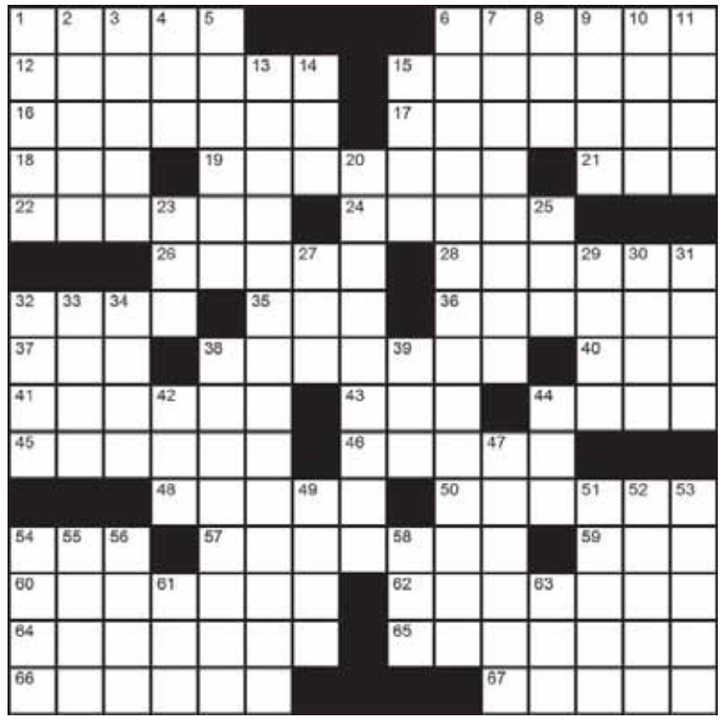
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Skincare formula
6. Trumpet sound effect, when doubled
12. In proportion: 2 wds.
15. Aria performer
16. Sixth sense
17. Arno __, Canadian author of The Oil Man and the Sea: Navigating the Northern Gateway
18. "Why'd You __" by Colin James
19. Chair the conference call
21. Rested in the recliner
22. Subway station on the Sheppard Line in Toronto
24. Rand McNally publication
26. Is rife with
28. Shoot for the stars
32. Desert's climate
35. MS-__
36. Drew close
37. Canadian actor Mr. Cariou
38. French for 'ducks'
40. 'Human' suffix
41. Deceive
43. Fashionable dresser
44. Mr. Warhol
45. Delivers an off-the-cuff speech
46. Props for clarinets
48. Religious doctrine
50. Brought up
54. Movie studio area
57. Mr. Glover of movies
59. Corn unit
60. Momentous
62. Captive held for ransom
64. Cassava pudding
65. Preferably
66. Everett __ of "Citizen Kane" (1941)
67. Country singer LeAnn

DOWN
1. Tumble
2. Mr. Coombs of "Mr. Dressup"
3. Romantic flowers
4. Mr. Geller
5. Chattering bird
6. Prehistoric time in Canada noted for the emergence of pottery: 2 wds.
7. Placates
8. Charlemagne's li'l domain
9. WWII-era servicewomen
10. "Diana" singer Paul
11. Country singer Mr. Axton
13. "Painkiller" and "I Am Machine" are hits off this Canadian hard rock band's current album 'Human': 3 wds.
14. 'Deterior' suffix
15. Showbiz routine
20. Tree known for its aromatic bark/roots
23. Company name abbr.
25. Locale of leisure
27. Work week starter [abbr.]
29. It's pumped at gyms
30. Actress Tara
31. Guitarist Duane
32. Dawn love song
33. Marsh plant
34. IOC part [abbr.]
38. Gemstone that is polished but not faceted
39. __ v. Wade
42. Empty
44. __ _ matter of fact...
47. More crowded/thick
49. Ms. Kunis
51. Kingdom
52. Bird of Jove
53. Squirrel nests
54. Net balls
55. Iridescent gem
56. __ Gigio (Mouse puppet of classic TV)
58. Greek alphabet's 21st letter
61. Spy org.
63. Skater Ms. Babilonia

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Cosmic activity in the area of your chart that rules your vocation is urging you to aim higher. Don't let the critics and cynics hold you back by undermining your confidence.

Taurus April 21 - May 21
You seem reluctant to voice your opinion, even though you have something of value to say. Overcome your doubts and express yourself in a way that everyone can understand.

Gemini May 22 - June 21
It may seem as if someone you work or do business with has been cheating you but the planets warn you can't trust your senses, so don't say or do anything, at least not until you can see things a little more clearly.

Cancer June 22 - July 23
You won't have trouble persuading others to back your ideas but you may have some trouble later on if they don't work out as expected. Don't make promises you can't keep.

Leo July 24 - Aug. 23
A habit is holding you back and you're desperate to get rid of it. But in getting rid of one bad habit you could so easily replace it with another that is ten times worse.

Virgo Aug. 24 - Sept. 23
It may be fun pointing out the inadequacies of people in positions of authority but be careful. The last thing you need is to create enemies of those who have the power to make things difficult for you.

Libra Sept. 24 - Oct. 23
Don't take what you're told at face value today — check the facts for yourself. What others say may sound convincing but you're only being told part of the story.

Scorpio Oct. 24 - Nov. 22
You may be resentful that changes are being imposed but there is no point making a fuss about it. Go with the flow. You will get the chance to change things back again later on.

Sagittarius Nov. 23 - Dec. 21
Resist the temptation to embellish facts or deceive people today. It may seem like the easy thing to do but in the long-term you are sure to regret it. You have a well-deserved reputation for honesty — don't lose it.

Capricorn Dec. 22 - Jan. 20
You may be inclined to rely on your intuition today but the planets warn against it. Stick to the facts and, where relationships are concerned, err on the side of caution.

Aquarius Jan. 21 - Feb. 19
Reel in your fears. Take your mind off your worries by focusing on the things you have to be thankful for. By the time you get through them the day will be over — and tomorrow will be more to your liking.

Pisces Feb. 20 - March 20
Don't take friends for granted. Those who think highly of you will help out, but if they find out you've been playing mind games they won't be happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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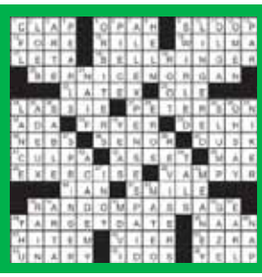

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